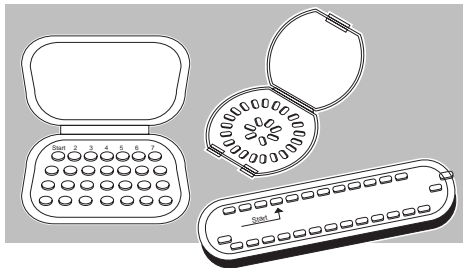


Facts About BIRTH CONTROL PILLS ("THE PILL")



What is "The Pill"?

The pill is a birth control medicine that you take by mouth.



How do pills work?

Birth control pills work by releasing female hormones in your body. The hormones keep your body from releasing an egg that could be fertilized by a man's sperm.

How well do pills work?

Birth control pills work 99 percent of the time, if you take them the right way. They do not work if you do not follow the directions your doctor or nurse gives you.

How do you take birth control pills?

To prevent your body from releasing an egg, swallow one

pill each day. This must be done at about the same time each day so the same amount of medicine (hormones) is in your body at all times. The best way to do this is to take your pill at the same time each day you normally do something else. A good time to take your pill is when you go to bed or when you brush your teeth.

You will need to keep taking pills all the time.

Start taking a new package of pills the very next day after you finish a package. Each pack has 28 pills. The last seven pills do not have any medicine (hormones) in them. They are put in the pill pack to keep you in the habit of taking a pill every day. If you change your mind about taking pills, keep taking them until you talk to your doctor or nurse and they tell you to stop.

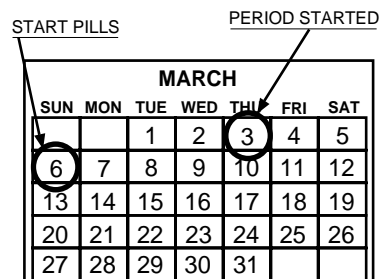
What I forget to take the pill?

If you forget to take a pill, take it as soon as you remember it, even if it is the next day or night. Then, take the next pill at the time you would normally take it. In case an egg was released, use a latex condom each time you have sex until your next period. If you miss more than two pills, call your doctor, nurse or clinic to find out what to do.

TO BEGIN TAKING THE PILL...

IF YOUR PERIOD BEGINS ON:	TAKE YOUR FIRST PILL ON:
Sunday	Sunday (same day)
Any other day	The following Sunday

I should begin taking pills on: _____



CONTINUED ON BACK

Facts About Birth Control Pills ("The Pill"), cont.

Why are pills a good choice for me?

Pills are easy to use. When you take them the right way, they work very well. Pills often cause your periods to be shorter, lighter and more regular.

Is there anyone who should not take birth control pills?

Most women take pills without having any problems. You should not take birth control pills if:

1. YOU ARE PREGNANT OR THINK YOU MIGHT BE.
2. YOU HAVE A PAIN IN YOUR CHEST OR YOUR EYEBALLS LOOK YELLOW.
3. YOU HAVE BLEEDING FROM YOUR VAGINA AND DON'T KNOW WHY.
4. YOU HAVE EVER HAD A HEART ATTACK, STROKE OR BLOOD CLOTS.
5. YOU HAVE EVER HAD LIVER TUMORS OR CANCER.

Will I have problems if I take pills?

Most women do not have problems when they take birth control pills. A very few women may have blood clots in the legs, liver tumors or high blood pressure after taking the pill. If you have a problem, you may just need a different kind of pill.

How do I know if I have a problem from taking pills?

If you have any of these warning signs, call your doctor, nurse or clinic right away:

- BAD PAIN IN YOUR ARMS OR LEGS OR YOU LOSE FEELING.
- HEADACHES, DIZZINESS OR FAINTING.
- EYE PROBLEMS (IF YOU SEE FLASHING LIGHTS, HAVE FUZZY VISION OR SUDDENLY CAN'T SEE).
- PAIN IN YOUR STOMACH OR BELLY, OR IF YOU GET VERY SICK TO YOUR STOMACH ALL OF A SUDDEN.

Other problems you can have are breast lumps, a sad feeling or yellowing of your eyes or skin.

Very few women have these problems.

When there is a bad problem, it is usually in women over the age of 30 who smoke more than 15 cigarettes a day.

When you take birth control pills, there are a few things you need to do:

- IF YOU GET SICK, TELL YOUR DOCTOR OR NURSE YOU ARE TAKING BIRTH CONTROL PILLS.
- IF YOU TAKE ANTIBIOTICS, HAVE DIARRHEA OR GET SICK TO YOUR STOMACH, KEEP TAKING YOUR PILLS BUT USE A LATEX CONDOM EACH TIME YOU HAVE SEX UNTIL YOUR NEXT PERIOD.



Where can I get birth control pills?

You can get pills or a prescription for pills at the health department, a family planning clinic or a doctor's office.

Can I breastfeed while taking birth control pills?

Yes! Breastfeeding should be well established (going for at least six weeks) before you start taking birth control pills.

REMEMBER:

Pills will not keep you from getting AIDS or any other disease you can get when you have sex. To protect yourself, use a latex condom each time you have sex.

DOCTOR/CLINIC PHONE NUMBER: